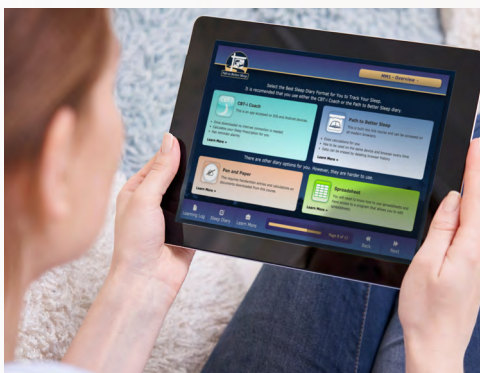


# Path to Better Sleep



## A Web Program for Veterans with Insomnia

- Self-guided
- Convenient
- Video stories
- Relaxation exercises
- Free downloadable tip sheets and worksheets
- No login or registration required



## With Tools & Tips That Help You

- Set a sleep schedule
- Reduce unhelpful thoughts
- Improve sleep quality
- Treat chronic insomnia
- Screen for other sleep disorders

**VISIT TODAY!**  
**[www.VeteranTraining.va.gov/Insomnia](http://www.VeteranTraining.va.gov/Insomnia)**



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